Table 4. Lipid and glucose metabolism parameters

	Control diet		Diet + curd		
	Baseline	Final	Baseline	Final	p
Total Cholesterol (mg/dL)	203±38	210±33	197±31	196±32	ns
HDL-cholesterol (mg/dL)	51±10	51±9	58±13	56±13	ns
LDL-cholesterol (mg/dL)	134±37	141±34	124±27	123±31	ns
Triglycerides (mg/dL)	86±39	93±40	79±36	86±40	ns
Glucose (mg/dL)	91±10	87±7	87±7	86±6	ns
Insulin (mU/L)	4.0±2.6	4.2±2.4	4.1±1.9	4.3±1.7	ns
HOMA-IR*	0.94±0.75	0.92±0.57	0.91±0.46	0.93±0.36	ns

* HOMA-IR = [Fasting glucose (mmol/L) x Fasting insulin (µU/mL)] / 22.5